



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03704, Babyfood, cereal, mixed, with honey, prepared with whole milk

Report Date: June 24, 2017 23:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	74.20	--	--	21.04
Energy	kcal	115	--	--	33
Energy	kJ	481	--	--	136
Protein	g	5.00	--	--	1.42
Total lipid (fat)	g	3.60	--	--	1.02
Ash	g	1.20	--	--	0.34
Carbohydrate, by difference	g	15.90	--	--	4.51

Minerals

Calcium, Ca	mg	294	--	--	83
Iron, Fe	mg	11.27	--	--	3.20
Magnesium, Mg	mg	28	--	--	8
Phosphorus, P	mg	184	--	--	52
Potassium, K	mg	171	--	--	48
Sodium, Na	mg	48	--	--	14
Zinc, Zn	mg	0.72	--	--	0.20
Copper, Cu	mg	0.064	--	--	0.018

Vitamins

Thiamin	mg	0.447	--	--	0.127
Riboflavin	mg	0.583	--	--	0.165
Niacin	mg	6.260	--	--	1.775
Pantothenic acid	mg	0.443	--	--	0.126
Vitamin B-6	mg	0.067	--	--	0.019
Folate, total	µg	11	--	--	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	3
Folate, DFE	µg	11	--	--	3
Vitamin B-12	µg	0.30	--	--	0.09

Lipids

Amino Acids

Other